

KICK IT UP A NOTCH: USING THEORY AND CREATIVE TECHNIQUES TO ADD IMPACT TO SCHOOL COUNSELING PROGRAMS.

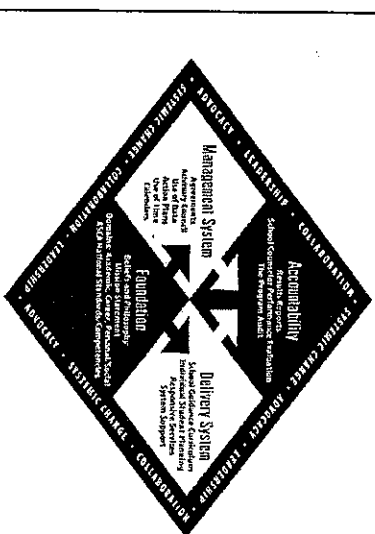
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THEORY AND CREATIVE TECHNIQUES ADD IMPACT TO SCHOOL COUNSELING PROGRAMS BY...

- o Increasing their effectiveness, which can decrease time spent in responsive services
- o Creating a school-wide common language
- o Creating a common understanding of healthy behavior among all stakeholders
- o Improving communication among students, parents and staff
- o Adding energy

ASCA NATIONAL MODEL FOR SCHOOL COUNSELORS



School Guidance Curriculum
Individual Student Planning
Responsive Services
System Support

Everyone needs to stay in their adult & control their self-talk!

- o Teach all students REBT, TA and creative techniques during opening classroom guidance activities
- o Use theory and creative techniques to add impact to groups
- o Conduct a teacher training using theory and creative techniques to explain student behavior
- o Provide a parent training about ego states and how they impact family interactions

FOUR M'S of IMPACT THERAPY:

- Multi-sensory
- Motivational
- Marketing
- Maps

- Most sessions should go below 7

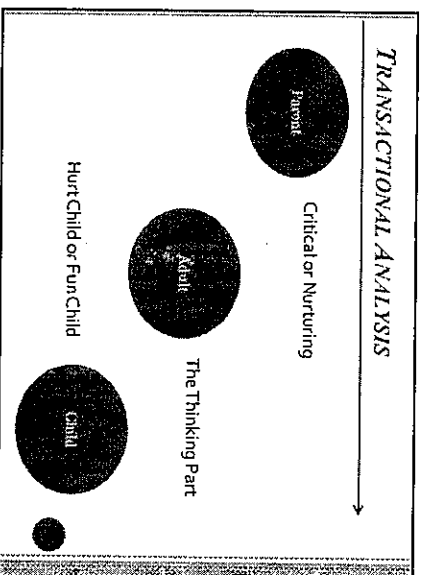
RAPPORT

- Connecting with the client and understanding his/her world
- **CONTRACT**
- Often implicit; absolutely necessary for productive counseling
- **FOCUS**
- Often use creative techniques
- **FUNNEL**
- Theory driven

STAGES OF CHANGE (NORCROSS AND PROCHASKA)

- o Pre-contemplation: Not even thinking about changing
- o Contemplation: Thinking about changing, or thinking about thinking about changing
- o Preparation: Getting ready to change
- o Action: Doing it; making changes
- o Maintenance: Working on it
- o Termination: All done; changed, different

TRANSACTIONAL ANALYSIS



TRANSACTIONAL ANALYSIS TECHNIQUES

- Ego grams
- Chairs
- Scripts you are living
- Drama Triangle
- Four Life Positions:
 - 1. I'm not OK--You're OK
 - 2. I'm not OK--You're not OK
 - 3. I'm OK--You're not OK
 - 4. I'm OK--You're OK

RATIONAL-EMOTIVE BEHAVIOR THERAPY

THOUGHTS CAUSE FEELINGS

- o Sustained negative feelings are caused by what we tell ourselves.
- o What we tell ourselves about situations is what upsets us—not the situation!
- o REBT counselors use an ABC approach to helping.
 - A = the situation or person or event
 - B = the beliefs or self-talk about A
 - C = feelings and behavior – the consequence of the self-talk

B causes C, but most people believe that A causes C.

- o REBT counselors often use a True/Not True Grid when disputing

WDEP

WANT. DOING, EVALUATE,
PLAN

IMPORTANT SENTENCES IN COUNSELING:

- All behavior is purposeful
- Thoughts cause feelings
- Get your expectations in line with reality
- You teach people how to treat you
- Life is a series of choices

Stone & Jacobs, 2007

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CREATIVE TECHNIQUES:

- Focus the session
- Make concepts more concrete
- Heighten awareness
- Dramatize a point
- Speed up the counseling process
- Enhance learning
 - Visual learning
 - Experiential learning

PROPS

- | | |
|---------------|----------------------|
| ◦ Shield | ◦ \$1 bill |
| ◦ Filter | ◦ Post-it Pads |
| ◦ Coke Bottle | ◦ Cards |
| ◦ Cups | ◦ Tapes |
| ◦ Fuse | ◦ Rubber bands |
| ◦ Beer Bottle | ◦ Stacked dolls |
| ◦ Blocks | ◦ In Face/Behind You |
| ◦ Plate | ◦ Tiger/LeYore |
| ◦ Hammer | |

CHAIRS

CHILD'S CHAIR, REGULAR CHAIRS, TOY CHAIRS

- Goals
- Trying to decide between two things
- Distance
- Representing Ego states
- Holding on to chair
- Trying to sit in two chairs at once
- Standing on chairs
- Chair you no longer fit in

MOVEMENT

- Standing on chair
- Fear of change
- Standing in corner
- Circling drama triangle
- Out the door
- Feeling pulled
- Evaluation of progress
- Movement between chairs & walls
- Going in circles

WRITING AND DRAWING

- o TA drawings
- o REBT disputes
- o Stroke economy
- o Ego grams
- o Home, school, friends
- o Lists
- o Powerful phrases
- o Board of directors
- o Enmeshment
- o 1 – 10 ratings